

Farm Stress and Mental Health Challenges in Farmworker Communities

Critical Conversations

Kimber J. Nicoletti-Martinez, MSW, LCSW

Latino Farm Worker Outreach Coordinator

Esmeralda Mandujano, MA, MPH

Agricultural Health Program Manager

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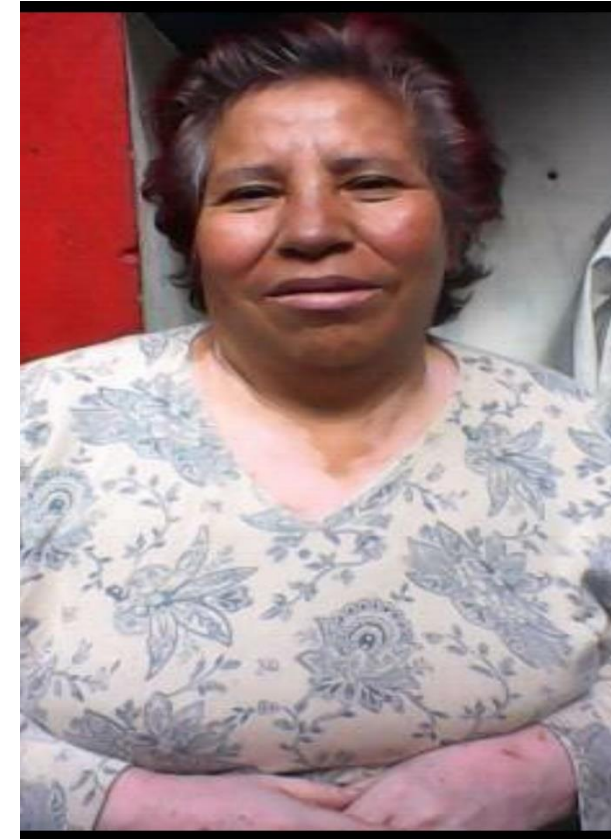


Agenda

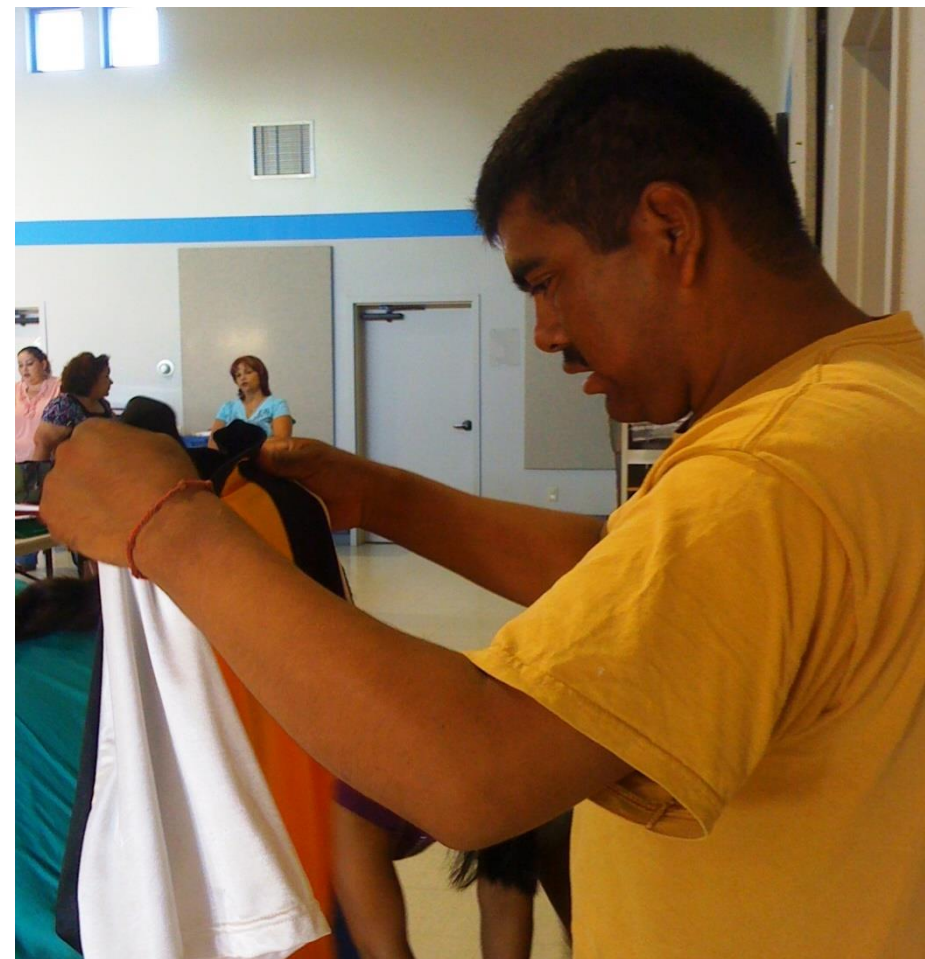
- Stories from the field
- Background
- Case study

Maria's story

- Chronic Health Issues
- Farm worker for over 30 years
- Isolated from family for 8 months of the year
- Lack of access to health care and mental health care
- Mental health stress due to isolation, living conditions and chronic health issues



In the field...



Migrant and Seasonal Farmworkers Overview

Demographics

- Estimated 2.5 to 3 million farmworkers in the United States
- Average age 38 years old, 75% are 25 years and older
- 66% male/ 34% female

Ethnicity, Race and Education

- 70% are foreign born
- 62% preferred Spanish as primary language
- Average educational level ~9th grade

Employment

- 15% are migratory, 85% seasonal
- 20% have an income below poverty level
- 30% live in “crowded” housing

Social Determinants of Health (SDOH) for FW

Education Access and Quality

- Educational attainment among farmworkers is low (6~9th grade)
 - Impacts health and safety

Healthcare and Quality

- Access impacted by ethnicity, citizenship, labor and housing
- Less preventive medicine screening and insurance despite ailments, more adverse health outcomes

Social and Community Context

- Social context in working and living conditions influence health by employment, housing, ethnicity and citizenship

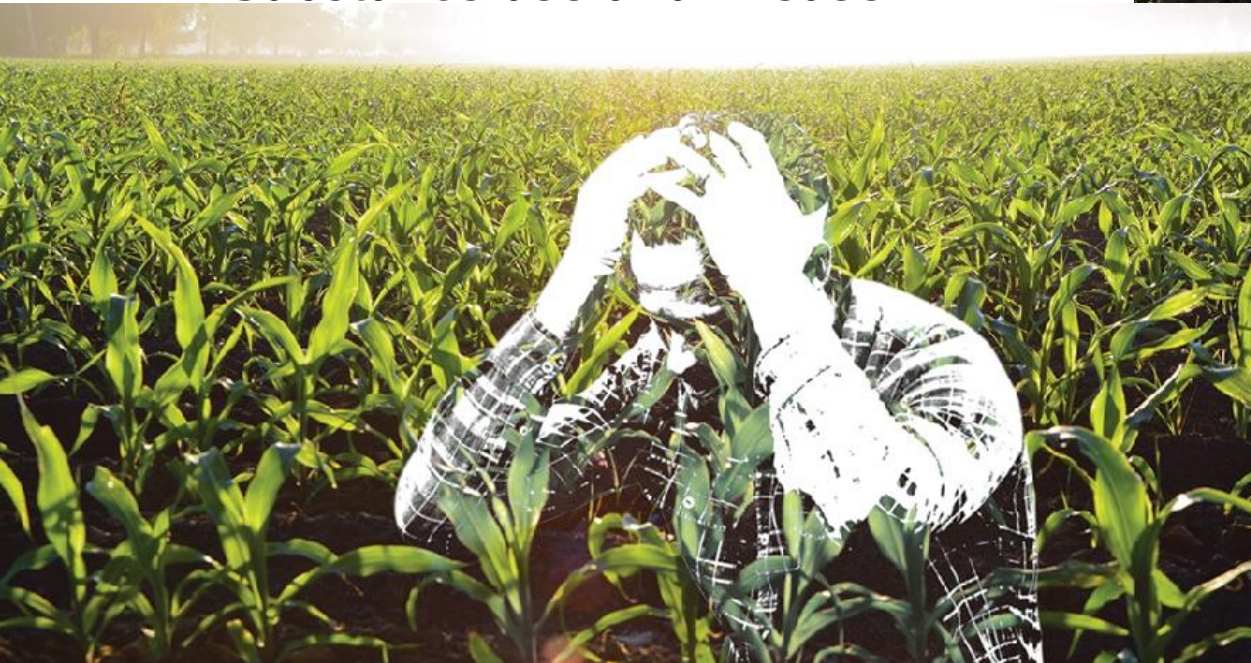
Economic Stability & Neighborhood/Built Environment

- Near, at or below poverty levels; isolated areas
- Contributes to food insecurity and income instability



Work Psychosocial Factors

- Social and cultural isolation among immigrant workers
- Language and cultural barriers
- Lack of mental health resources, culture
- Substance use and misuse



Research Highlights

- Physical injuries on a daily basis. ³
- Work through musculoskeletal discomfort, injury, and illness. ¹
- Barriers to seek care. ²
- Psychiatric distress from acculturative stress. ⁴
- Injured on-the-job 7x more likely to be depressed. ⁵
- Depression and *nervios* were 5x and 2x more likely among injured FW. ⁶
- WSH 8/10 women in ag
- Mental Health, 2020 CA
 - 20% feel nervous, anxious or on edge
 - 10% diagnosed with anxiety
 - 7% diagnosed with depression



CASE STUDY



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 **AgrAbility**
Cultivating Accessible Agriculture

